G2/3 Athletics rubrics

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Well Established** | **Established** | **Developing** |
| **Running** | I can nearly always run at a speed appropriate to the distance I am running (sprint or laps) | I can usually run at a speed appropriate to the distance I am running (sprint or laps) | My running is getting better. I can sometimes complete several laps without stopping and I can usually sprint at top speed for a whole race |
| **Throwing** | I can nearly always demonstrate good technique when I throw a small ball or the chicken. The object nearly always goes in the right direction and it goes quite far. | I can often demonstrate good technique when I throw a small ball or the chicken. The object often always goes in the right direction and /or it goes quite far. | I can throw different objects but they do not go that far or in the right direction all the time. |
| **Jumping** | I can perform a running jump and 3 spring jump correctly and get quite far | I can often perform a running jump and 3 spring jump correctly and sometimes get quite far | My jumping is getting better. |
| **Changes to body** | I can recognise a change in heart rate, temperature and breathing rate and can explain why | I can recognise a change in heart rate, temperature and breathing rate | I am not to sure what are the changes in my body when I exercise |

**G2/3 *Athletics Unit Self-Assessment***

Name Class

|  |  |  |  |
| --- | --- | --- | --- |
| ***Event*** | ***Excellent*** | ***Good*** | ***OK*** |
| ***Long Jump***  [http://t1.gstatic.com/images?q=tbn:JmmJKmigFQfT5M:http://www1.free-clipart.net/gallery2/clipart/Sports/Track_And_Field/Long_Jump_Cartoon.jpg](http://images.google.com.au/imgres?imgurl=http://www1.free-clipart.net/gallery2/clipart/Sports/Track_And_Field/Long_Jump_Cartoon.jpg&imgrefurl=http://www1.free-clipart.net/cgi-bin/clipart/directory.cgi?direct=clipart/Sports/Track_And_Field&img=6&usg=__Hz-bmwzwkoAewlaDzigls521moY=&h=160&w=250&sz=8&hl=en&start=6&um=1&tbnid=JmmJKmigFQfT5M:&tbnh=71&tbnw=111&prev=/images?q=long+jump+++clip+art&hl=en&sa=X&um=1) |  |  |  |
| ***3 Spring Jump*** |  |  |  |
| ***Hurdles***  [Athlet5.gif](http://www.arthursclipart.org/sporttrack/Athlet5.gif) |  |  |  |
| ***60 Meters Sprint***  [Track.gif](http://www.arthursclipart.org/sporttrack/Track.gif) |  |  |  |
| ***Distance Run (Laps)***  [Track.gif](http://www.arthursclipart.org/sporttrack/Track.gif) |  |  |  |
| ***Throwing over the goal*** |  |  |  |
| ***Chicken Throw*** |  |  |  |
| ***Cross skipping*** |  |  |  |

My best event was the;\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Learner Profile Component I think I used in this unit was:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The reason why was because\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Inquirer Thinker Caring Open-minded Knowledgeable Principled Reflective Risk-taker Balanced Communicator

G4/5 Athletic rubrics

Name Class

|  |  |  |  |
| --- | --- | --- | --- |
|  | Well Established | Established | Developing |
| Running | I can demonstrate good control, strength, speed & stamina in a variety of running events | I can run at a speed appropriate to the distance I am running | My running is getting better. I can normal complete several laps without stopping and I can usually sprint at top speed for a whole sprint |
| Throwing | I can nearly always demonstrate accuracy & technique in a range of throwing actions | I can often demonstrate accuracy & technique in a range of throwing actions | I can throw different objects but they do not go that far or in the right direction all the time. |
| Jumping | I can nearly always demonstrate accuracy & technique in a range of jumping actions | I can take a running jump and can usually perform a standing triple jump | When I am doing a running jump I do not always jump from the take off zone and land on two feet. Standing Triple jump is a bit difficult |
| Changes to body | I can describe the changes in my body when running, jumping & throwing | I can recognise a change in heart rate, temperature and breathing rate | I am not too sure what are the changes in my body when I exercise |

G4/5 Athletic rubrics ***Self-Assessment***

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Well Established** | **Established** | **Developing** | |
| **Running** | **I can demonstrate good control, strength, speed & stamina in a variety of running events** | **I can run at a speed appropriate to the distance I am running** | **My running is getting better. I can normal complete several laps without stopping and I can usually sprint at top speed for a whole sprint** |
| **Throwing** | **I can nearly always demonstrate accuracy & technique in a range of throwing actions** | **I can often demonstrate accuracy & technique in a range of throwing actions** | **I can throw different objects but they do not go that far or in the right direction all the time.** |
| **Jumping** | **I can nearly always demonstrate accuracy & technique in a range of jumping actions** | **I can take a running jump and can usually perform a standing triple jump** | **When I am doing a running jump I do not always jump from the take off zone and land on two feet. Standing Triple jump is a bit difficult** |
| **Changes to body** | **I can describe the changes in my body when running, jumping & throwing** | **I can recognise a change in heart rate, temperature and breathing rate** | **I am not too sure what are the changes in my body when I exercise** |

My Favourite event was;\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To do well at this event you need to remember to do the following things

1)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Learner Profile Component I think I used in this unit was:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The reason why was because\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Inquirer Thinker Caring Open-minded Knowledgeable Principled Reflective Risk-taker Balanced Communicator